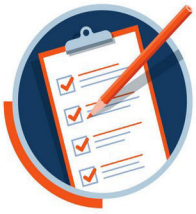
Sheltering-in-Place: A Checklist

'Prepper Checklist 101'
Academia - https://independent.academia.edu/PrepperChecklist101
Facebook - @Prepper101
Twitter - https://mobile.twitter.com/101Prepper
IG - https://www.instagram.com/prepperchecklist101/



'Sheltering-in-Place: A Checklist'

TABLE OF CONTENTS

Introduction
- SIP – Sheltering-In-Place ….2
- Prepping – A Definition ….2
- Content & Format of the Booklet ….3
- Prepping Finance ….3
- Color Coding ….3
- Booklet Version ….4

FOOD & WATER
- Water – A Rule of Thumb ….5
- Caloric Intake – A Rule of Thumb ….5
- 7 Meal Plan ….5
- Basic Level – Water Prep (72 hrs – 4 weeks) ….5
- Intermediate Level – Water Prep (3 – 6 months) ….6
- Advanced Level – Water Prep (6 + months) ….6
- Basic Level – Food Prep (72 hrs – 4 weeks) ….6
- Intermediate Level – Food Prep (3 – 6 months) ….6
- Advanced Level – Food Prep (6 + months) ….6
- Nixtamalization Process ….7

COOKING GEAR, FUEL & KITCHEN UTENSILS ….9-10

SHELTER – HOME & CAR READINESS ….11-13

TOOLS ….14-15

FIRST-AID, MEDICATIONS & HYGIENE ….16
- SHTF Layers of Treatment ….16

SECURITY, COMMS & INTELLIGENCE ….19-21

COMFORT ITEMS & PREPPER LIBRARY ….22
- Comfort Items ….22
- Comfort Activities ….22
- Soft Copy Text Titles from the Google Link ….22

INTRODUCTION

The contents of this booklet are intended to assist individuals, groups & networks make emergency preparations. Ultimately, decisions made during SHTF events will be made by individuals on the ground during times of chaos & confusion. As such no liability is assumed by the editor in relation to the use, or misuse, of any products or information listed within.

This booklet is NOT original material per se, rather it is an aggregate of anecdotal experience & copious note-taking of various Youtube videos & internet sources.

This booklet is free to copy & disseminate, either in hard or soft copy. However, this comes with one caveat, namely: It can NOT be sold for commercial gain.

SIP – SHELTERING-IN-PLACE

Bugging-out is the very LAST thing you want to do, especially if you have young children or elderly living in your home. Many of you don't have the requisite skills, fitness or knowledge to survive outside for a long period of time. As such, you should be focusing much of your efforts on sheltering-in-place. This involves hardening the defences of your home (locks, cameras & security lights), stockpiling food, storing water, expanding your cooking options (gas BBQs & rocket stoves) & learning new skills (first-aid, fire-starting, canning & use of weapons).

PREPPING – A DEFINITION

"I am new to the world of preparedness. What exactly is prepping?

Prepping is physical insurance ***stockpiled*** against potential chaos plus ***training*** & ***mindset***.

Stockpiling refers to gathering that which can help you thrive e.g. Food, water, tools, consumables & books.

Training refers to the skills which help you use what you've stockpiled e.g. Water purification, food production, food storage, fitness & being able to transmit via a HAM radio.

Mindset refers to what informs your training e.g. mental: focus on immediate threats rather than a 'zombie apocalypse', emotional: mitigate your stress, & spiritual – man-Creator, man-man & man-environment.

This definition is courtesy of TJ Morris aka 'Bear Independent'. NB – I'm referring to his playlist labelled, 'Prepper Classroom' linked below. This isn't an endorsement of TJ or the entirety of his social media content.

- 'Prepper Classroom' https://www.youtube.com/watchv=VxjFizlfGU8&list=PLstAKURZ5YBhvKAuymg_Y0sC4w5aKN66w (last accessed 03/03/2023)

CONTENT & FORMAT OF THE BOOKLET

This booklet is broken up into 7 distinct sections, as outlined below. Please note that in each section a number of bulleted tips will be provided followed by a checklist. The checklist is NOT prescriptive. Rather readers can use this to organise their own prepping purchases & supplies based on need, skill-level, budget & training.

- FOOD & WATER
- COOKING GEAR, FUEL & KITCHEN UTENSILS
- SHELTER – HOME & CAR READINESS
- TOOLS
- FIRST-AID, MEDICATIONS & HYGIENE
- SECURITY, COMMS & INTELLIGENCE
- COMFORT ITEMS & PREPPER LIBRARY

PREPPING FINANCE

“I am new to prepping. How should I manage my money to build my preps?”

Stop! Don't dare go into debt for prepping gear & supplies! Until you are financially solvent focus on physical fitness, learning new skills & acquiring basic kit piecemeal. Endeavour to get out of debt as soon as possible.

- maximise income (work over-time or take on a second job if needed)
- minimise expenditure (make a budget, buy in bulk, wants vs needs)
- work with a financial planner (consolidate several debts, especially those with high interest rates, into one manageable debt with a lower interest debt. If this isn't possible start paying off the loan with the highest interest rate)
- NO new debt!
- build your preps, slowly, over time
- start with getting your health right (gym membership, regular walking)
- initially concentrate on hardening your home / shelter, accruing canned food & stocking water

COLOR CODING

'The Color of Prepping' is a video by Cliff aka 'The Urban Prepper'. It color codes the module system of preps, both for ease of organisation, & so you can readily & quickly access them at a moment's notice. Cliff came up with this system by putting out various polls asking preppers what they associate these colors with. The code is detailed below & will be reflected in this document.

RED: First Aid & Medicine (e.g. first-aid kit, prescription meds, over-the-counter meds)

GREEN: Food &Vitamins (e.g. canned goods, mylar bags, oxygen absorbers)

ORANGE Fire Related Preps, Prevention & Fire Fighting (e.g. matches, fire-starters, fuel)

YELLOW: Communications, Navigation & Security (e.g. radios, maps, compass, security cameras)

BLUE: Water (e.g. purification tablets, filters, purifiers & storage)

PURPLE: Clothing for all seasons including hazmat/PPE gear (e.g. safety googles, boots)

PINK: games, puzzles & misc. books

WHITE: Hygiene (e.g. toothbrush, soap, wipes & masks)

BLACK: Tools & Tactical Equipment (e.g. saw, hammer, knife, gun)

GREY: Cooking Utensils, Canning & Cleaning (e.g. propane stoves, BBQs, cutlery, pots, pans)

BROWN: Shelter & Transport (e.g. home, car, shed, tents, blankets, tarps)

- 'Color Coding' was largely cut & pasted (albeit modified to my own taste) from the reddit article below: https://www.reddit.com/r/preppers/comments/rypdlm/the_color_of_prepping/?rdt=44180 (last accessed 28/12/2023)

- 'The Color of Prepping by The Urban Prepper' (Youtube) https://www.youtube.com/watch?v=6EBgCNyMeJM (last accessed 28/12/2023)

BOOKLET VERSION

- Second Edition
- 28th December 2023

Prepper Checklist 101 – Keep it simple, keep it real!

'Sheltering-in-Place: A Checklist'

FOOD & WATER

"I am new to prepping. How do I start stockpiling food & water in order to shelter-in-place?" Peruse the checklist below, but before making any purchases consider the following tips, namely:

- Buy items in bulk (coupons, weekly specials). Your purchasing power can be multiplied if you team-up with a neighbour or relative to buy in bulk & split the goods accordingly.

- Buy food you will actually eat. As such, survey your household for ideas, selections & choices.

- Bulk buying MRE's (Meals Ready to Eat) can be expensive. These should be used for camping or bugging-out, NOT as shelter-in-place food options.

- **WATER – A RULE OF THUMB**: Aim for 3 gallons (approx 11.4 litres) of water per person per day:
  1 gallon for drinking (which increases with strenuous activity)
  1 gallon for washing (shower, washing of clothes & utensils, tooth-brushing, wound-care)
  1 gallon for cooking
  NB – 5 gallons (approx 18.9 litres) per person per day is even better!

- **CALORIC INTAKE – A RULE OF THUMB**: Aim for 3200 calories per person per day. This is the number of calories required for a military-aged male (18-35 years) engaged in strenuous activity.

- **7 MEAL PLAN**: Plan 7 basic, easy to cook dinner meals & prep accordingly. E.g. Pasta & meat sauce dinner meal. 1 meal = 2 lbs of pasta,1 jar of meat sauce & 1.5 lbs of minced red meat. Prep 1 year's worth of this meal by purchasing 2 lbs x 52 weeks = 104 lbs (47 kg) of pasta, 1.5 lbs x 52 weeks = 78 lbs (35 kg) of minced red meat & 52 jars of meat sauce.

- **BASIC LEVEL – WATER PREP (72 HRS – 4 WEEKS)**: Buy 24-packs of bottled water & several 5 gallon (20L) BPA-free plastic Jerry cans (fill with treated water). Also purchase water purification tablets & a 'Sawyer Mini' to treat water that you scavenge.

Prepper Checklist 101 – Keep it simple, keep it real!

- Sawyer Mini – Review & Tips for Use (Youtube) https://www.youtube.com/watch?v=Ebvy2R4TZyw (last accessed 28/12/2023)

- **INTERMEDIATE LEVEL – WATER PREP (3-6 MONTHS)**: Purchase several 55 gallon (208L) BPA-free plastic drums (fill with treated water) & a copper jiggle siphon hose. Try to store out of direct sunlight. Also buy a Berkey Water System. In lieu of the latter, in order to save money, you can order the Berkey black filters & make your own housing system from 2 x 5 gallon (20L) BPA-free plastic food-grade buckets & a stainless water spigot. Lastly, identify a water source from local streams, creeks, springs & lakes.

- 'How to Store Back Up Water in Your Garage in 55 Gallon Barrels' (Youtube) https://www.youtube.com/watch?v=OerWJgH-Vtk (last accessed 28/12/2023)

- 'DIY Berkey Water Filter System Cheap!' (Youtube) https://www.youtube.com/watch?v=N62RYVeW6y4 (last accessed 28/12/2023)

- **ADVANCED LEVEL WATER PREP (6+ MONTHS)**: Build a rainwater catchment system (tanks to collect roof water) & install a basic sand-well with a manual drawing facility/back-up power.

- 'How to Dig a Shallow Well & Never be Without Water' (Youtube) https://www.youtube.com/watch?v=EL1_yO9AxpM (last accessed 28/12/2023)

- **BASIC LEVEL – FOOD PREP (72 HRS – 4 WEEKS)**: At this early juncture don't get too wrapped up in processes like mylar-bagging & canning. Stick to easy to store, reasonably quick to prepare, food items. Aim for a 'deep fill' of your pantry & fridge. When you have this in place you can then expand & diversify your preps. NB – In a power outage eat the contents of your fridge first.

- **INTERMEDIATE LEVEL – FOOD PREP (3-6 MONTHS)**: Secure a 3 month minimum of food. During this stage of your prepping journey concentrate on extending your supply of shelf-stable items such as flour, olive oil, canola oil, sugar & boxed food.

- **ADVANCED LEVEL – FOOD PREP (6 MONTHS - 2 YEARS):** To store food longer than 6 months you will need to up-skill. Store rice in mylar bags plus oxygen absorbers, can your own fruit,vegetables & meat, & use the process of nixtamalization to treat your bought 'Feed corn'. Please note that 750 pounds (340 kg) of rice, corn, wheat & beans is needed per person per year. Furthermore, 'Feed corn' can be bought cheaply from agricultural depots but MUST be treated via the process of nixtamalization. You also need to up-skill in terms of food production. This can relate to row crops, raised garden beds, a green-house & raising livestock.

- 'Using Mylar Bags for Food Storage (YouTube) https://www.youtube.com/watch?v=7rC80DafNWs (last accessed 28/12/2023)

- **NIXTAMALIZATION PROCESS**
  It is best to keep hard, untreated corn-kernels in mylar bags plus oxygen absorbers for long-term storage. Then, when you wish to consume it, you will open the mylar bag & process the corn via nixtamalization as outlined in the videos below:

- 'How to Cook Corn with Calcium Hydroxide (cal) From Kernel to Masa' (Youtube) https://www.youtube.com/watch?v=9h10nYuM_60 (last accessed 28/12/2023)

- 'How to Nixtamalize Corn From Kernel to Masa' (Youtube) https://www.youtube.com/watch?v=zqS6dh5Apl4 (last accessed 28/12/2023)

- 'How to Rinse Nixtamal From Kernel to Masa' (Youtube) https://www.youtube.com/watch?v=_qYGVtERgs0&list=PL0R6fJBt1YQ2Z-5iWxzU3qBQQSZWTKP5Z&index=5 (last accessed 28/12/2023)

  You can now eat the corn 'as is' mixed with other vegetables & minced meat (cook in fry-pan), bake corn-cakes/bread (stove) or grind it finely to dough (masa) to make tortillas (fry-pan).

This particular section of the document relied heavily upon the notes I took from TJ Morris' 'Prepper Classroom' playlist. I am yet to come across another set of videos that breaks down water & caloric intake like he has.

- 'Prepper Classroom' Playlist (Youtube) https://www.youtube.com/watchv=VxjFizlfGU8&list=PLstAKURZ5YBhvKAuymg_Y0sC4w5aKN66w (last accessed 28/12/2023)

- Image via https://tsd.one/services.php?id=18&sub=19#prettyPhoto (last accessed 28/12/2023)

Prepper Checklist 101 – Keep it simple, keep it real!

WATER

- ✔ bottled water
- ✔ BPA-free 5 gallon/20L Jerry cans
- ✔ BPA-free 55 gallon/208L drums
- ✔ water tanks/IBC totes
- ✔ copper jiggle siphon hose
- ✔ 'Sawyer Mini' filtration system
- ✔ Berkey Water System/Berkey black filters
- ✔ Sand-point well gear – drive well point with screen, couplings, drive pipe, post driver

CANNED FOOD

- ✔ canned corned beef & cocktail sausages
- ✔ canned chicken loaf
- ✔ canned tuna & mackerel
- ✔ canned dog / cat food
- ✔ canned peaches, pears & apricots
- ✔ canned green beans & peas
- ✔ canned corn & carrots
- ✔ canned soups & spaghetti
- ✔ canned macaroni & cheese
- ✔ canned bean mix

DRY STAPLES

- ✔ pasta (standard wheat pasta)
- ✔ white rice
- ✔ rolled oats
- ✔ pinto & fava beans
- ✔ chickpeas & black-eyed beans
- ✔ 'feed corn' (nixtamalization)
- ✔ lentils
- ✔ flour (self-raising & plain)
- ✔ dried beans & peas
- ✔ Ramen noodles
- ✔ instant potatoes

SAUCES

- ✔ ketchup
- ✔ sweet chilli sauce
- ✔ tomato paste concentrate
- ✔ spaghetti sauce
- ✔ butter chicken sauce
- ✔ soy / oyster sauce

DRY STAPLES - LONG TERM STORAGE

- ✔ mylar bags
- ✔ oxygen absorbers
- ✔ several 5 gallon food-grade buckets
- ✔ vacuum sealer & vacuum bags

SANDWICH SPREADS

- ✔ peanut butter
- ✔ Nutella
- ✔ honey
- ✔ jam (strawberry, apricot)

OIL

- ✔ canola oil
- ✔ sunflower oil
- ✔ olive oil
- ✔ ghee (clarified butter)

DAIRY

- ✔ long-life milk
- ✔ powdered milk

CONDIMENTS & PRESERVATIVES

- ✔ salt & pepper
- ✔ curry powder
- ✔ turmeric
- ✔ oregano
- ✔ rosemary
- ✔ 7 spice mix
- ✔ yeast
- ✔ cinnamon
- ✔ cardamom
- ✔ vinegar

COMFORT FOOD

- ✔ biscuits
- ✔ potato crisps
- ✔ ice-cream

COMFORT DRINKS

- ✔ tea
- ✔ instant coffee
- ✔ cocoa powder
- ✔ flavoured soda drinks

COOKING GEAR, FUEL & KITCHEN UTENSILS

"I am new to prepping. What cooking items, fuel & kitchen utensils do I need in order to shelter-in-place?" Peruse the checklist below, but before making any purchases consider the following tips, namely:

- You will have many of these items already in your home.
- Diversify your cooking systems & fuel.
- Buy at least one cast-iron skillet & one cast-iron pot. Yes, these can be pricey but they are better to use on rocket-stoves & an open flame.
- Store your propane in a cool, dry, place out of direct sunlight.
- Store your timber away from your doors/windows as it attracts insects.
- You can make your own rocket stove. You can build a home-made rocket stove in minutes for less than $10. Rocket stoves are great because they create heat from twigs & leaf litter making them ideal for boiling water or cooking food during a SHTF event.
- 'DIY Rocket Stove – Simple Homemade Rocket-Stove' (Youtube) https://www.youtube.com/watch?v=KAi0mE5sT5w (last accessed 28/12/2023)

- Image via www.bcf.com.au/camping/cooking (last accessed 03/03/2023)

Prepper Checklist 101 – Keep it simple, keep it real!

BARBEQUES, STOVES & OVENS

- ✔ gas barbeque
- ✔ charcoal barbeque
- ✔ rocket stove/wood stove
- ✔ solar oven

BBQ FUEL

- ✔ propane gas
- ✔ charcoal briquettes
- ✔ timber

FIRE-STARTING & SAFETY

- ✔ matches & Bic lighters
- ✔ ferro rods & fatwood
- ✔ Fresnel lens
- ✔ fire-lighters (Esbit fuel cubes)
- ✔ fire blanket & extinguisher

KITCHEN – ELECTRIC APPLIANCES

- ✔ toaster
- ✔ kettle
- ✔ microwave
- ✔ jaffle maker
- ✔ blender & beaters

KITCHEN – HAND UTENSILS (NON-ELECTRIC)

- ✔ stainless steel kettle
- ✔ manual hand beater
- ✔ manual meat grinder
- ✔ manual grain mill
- ✔ manual food processor
- ✔ manual citrus juicer
- ✔ manual kitchen scale
- ✔ mortar & pestle
- ✔ nut cracker
- ✔ grater
- ✔ cutting board
- ✔ wooden rolling pin & spoons
- ✔ meat tenderising hammer
- ✔ multiple vegetable peelers
- ✔ potato masher
- ✔ can-openers
- ✔ tongs & ladle
- ✔ spatula
- ✔ whisk
- ✔ spaghetti spoon
- ✔ pastry cutter & shears
- ✔ measuring cups
- ✔ colander & flour sieve
- ✔ cookie cutters
- ✔ thermos
- ✔ cast iron skillet & pot (with lid)
- ✔ stainless steel skillets & pots (with lids)
- ✔ serving tray
- ✔ egg brush

CANNING

- ✔ canning jars & lids
- ✔ canning funnel
- ✔ canning jar lifter with rubber grips
- ✔ magnetic lid lifter / bubble remover

COFFEE UTENSILS

- ✔ manual coffee grinder
- ✔ percolator

CUTLERY

- ✔ butter knives
- ✔ forks
- ✔ teaspoons
- ✔ tablespoons & desert spoons
- ✔ general purpose kitchen knives
- ✔ boning & butcher knife
- ✔ honing steel

CLEANING

- ✔ dish-rack
- ✔ sink caddy
- ✔ kitchen gloves
- ✔ steam mop
- ✔ dish towels
- ✔ micro-fibre towels
- ✔ Chux super-wipes
- ✔ dish-washing soap
- ✔ metal scourers
- ✔ bottle brush
- ✔ sponges
- ✔ trash can & trash bags

SHELTER – HOME & CAR READINESS

"I am new to prepping. How can I ready my home & vehicle for a shelter-in-place scenario?" Peruse the checklist below, but before making any purchases consider the following tips, namely:

- Shelter is a KEY survival priority! As such, regular maintenance & de-cluttering of your house & vehicle mitigates problems during SHTF events.

- Insurance polices MUST be kept up-to-date. Check policy coverage with a fine-tooth comb.

- During a shelter-in-place scenario it is vital that you have pre-prepared kit-bags in your home & vehicle. Call them whatever you like (INCH bag, Bug-out-Bag, Evacuation Kit - the nomenclature isn't important) but have them stocked & ready-to-go. NB – This will be covered in the 'Bugging-Out: A Checklist' booklet.

- This isn't a 'sexy' part of any preparedness plan. That said, if your shelter is broken or in disrepair this will only compound your problems during emergencies.

- Image via www.123rf.com (last accessed 03/03/2023)

Prepper Checklist 101 – Keep it simple, keep it real!

HOME - FRONT YARD & PORCH

- ✔ ensure your house number is clearly identifiable from the street
- ✔ keep pathways clear & install sensor lighting along well used paths
- ✔ ask your electricity provider about branches over-hanging power lines
- ✔ minimise clutter on your front verandah,

HOME - LIVING AREA

- ✔ arrange furniture so pathways inside the home are clear
- ✔ keep furniture & curtains away from heaters
- ✔ don't use space heaters to dry wet clothes
- ✔ ensure entertainment equipment has adequate ventilation
- ✔ use power-boards rather than adaptors

HOME – KITCHEN

- ✔ ensure your kitchen is clutter free
- ✔ turn frying pan handles away from the stove's front edge
- ✔ turn OFF all hotplates when you leave the kitchen or when the phone rings
- ✔ turn OFF appliances when cleaning them
- ✔ have a fire blanket/extinguisher at the ready

HOME - BEDROOMS

- ✔ never smoke in the bedroom
- ✔ turn off electric blankets when not in use
- ✔ store a torch close to your bed

HOME - LAUNDRY

- ✔ clean the clothes dryer filter regularly
- ✔ check ironing cord for frayed edges

HOME - BATHROOM

- ✔ use non-slip strips on ceramic surfaces
- ✔ keep electrical appliances out of the reach of children & away from the sink, shower & bathtub
- ✔ store medications in a locked cabinet
- ✔ sandbag drains & toilets to prevent sewerage back-flow

HOME - ROOF & EAVES

- ✔ replace cracked tiles
- ✔ replace rusted corrugated iron sheeting
- ✔ clean gutters & down-pipes
- ✔ install additional fasteners on gutters
- ✔ trim trees & over-hanging branches
- ✔ throw rat poison into the roof space RE - pest control
- ✔ install a PV roof-based solar system
- ✔ install whirly-birds on the roof

HOME - HEATING & COOLING

- ✔ install roof insulation (fibreglass batts)
- ✔ install ceiling fans
- ✔ install central cooling/heating system
- ✔ purchase portable heaters

HOME - DOORS , WINDOWS & WALLS

- ✔ use stronger hinges on doors & windows
- ✔ repair broken sealant around windows
- ✔ install louvres & weep holes in walls
- ✔ wet proof lower level walls of the home

HOME - FLOODING, STORMS & CYCLONES

- ✔ consider replacing carpet with tiles
- ✔ identify furniture which may have to be raised to higher ground
- ✔ widen the stairs so furniture can be moved from ground level to upstairs
- ✔ disconnect electrical devices
- ✔ turn off gas, electricity & water mains
- ✔ fill buckets with fresh water
- ✔ store poisons above ground level
- ✔ secure loose items in the yard
- ✔ park cars undercover away from waterways, trees & electrical poles
- ✔ empty standing water in the yard (mosquitoes)

HOME ESCAPE PLAN

- ✔ draw a floor plan of your home showing how to exit the home during an emergency
- ✔ practice your escape from the home at night with the lights off

Prepper Checklist 101 – Keep it simple, keep it real!

BACKYARD

- ✔ clear out gutters regularly
- ✔ secure loose items around the house during storm season
- ✔ secure tools in a shed
- ✔ keep pathways clear

BUSHFIRES

- ✔ de-limb low lying tree branches
- ✔ rake up leaf litter from yard
- ✔ maintain a fuel-free zone around your fence line
- ✔ remove flammable materials (inc. doormats)
- ✔ clear access for fire trucks to enter your property

FAT FIRES

- ✔ turn off the heat
- ✔ NEVER add water
- ✔ smother flame with a lid or fire-blanket
- ✔ regularly clean range-hood filter

FLAMMABLE LIQUIDS

- ✔ never store near heaters or BBQs
- ✔ remove oily rags, paper & timber from the garage, shed & carport
- ✔ dispose of chemicals via manufacturer directions
- ✔ don't mix chemicals or transfer them from one container to another
- ✔ don't mix chemicals or transfer them from one container to another

STEPS TO SAFETY DURING A FIRE

- ✔ crawl on hands & knees
- ✔ gather at a safe location e.g. letterbox
- ✔ never go back inside the home
- ✔ ring emergency services & wait for firefighters

CAR

- ✔ store spare fuel plus fuel stabiliser
- ✔ motor oil
- ✔ check tyre tread
- ✔ spare tyre, jack & lug wrench
- ✔ operational lights & blinkers
- ✔ operational air-conditioning & heat
- ✔ fit a tow bar
- ✔ clean lights, windscreens & windows
- ✔ store a 'Car Emergency Kit' at all times
- ✔ store a 'Car First Aid Kit' at all times
- ✔ copy of driver licence, registration, insurance papers (glove-box)

CAR BREAKDOWN

- ✔ bump plan RE - in case of vehicle breakdown
- ✔ tow straps
- ✔ winch

CAR ALTERNATIVES

- ✔ motorbike
- ✔ boat
- ✔ bicycle
- ✔ horse

INSURANCE

- ✔ up-to-date for home, contents & vehicle insurance
- ✔ check & verify policy details & coverage

CLOTHING & BOOTS

- ✔ sewing/repair kit
- ✔ season appropriate clothing
- ✔ closed-in hiking style boots
- ✔ gumboots
- ✔ cotton socks (summer)
- ✔ woollen socks (winter)
- ✔ cotton underwear & undergarments

Prepper Checklist 101 – Keep it simple, keep it real!

'Sheltering-in-Place: A Checklist'

TOOLS

"I'm not MacGyver, nor am I a tradesman. So what basic tools should I have on-hand when sheltering-in-place?" Peruse the checklist below, but before making any purchases consider the following tips, namely:

- Stick to accumulating the basic tools & learn how to use them.
- Preppers are notorious for buying gimmicks. Don't fall into this trap.
- No, you don't need the expensive 'Snap-On' tools. You are most likely a suburbanite & the budget options at your local hardware store will suffice your needs. Don't become a 'Gucci Gear' connoisseur.
- Sign-up to free community courses related to basic construction & maintenance.
- Don't lend your tools, they aren't boomerangs & rarely come back!
- After use clean your tools & return to their designated place in your garage/shed. A misplaced tool, in a time of need, is no different than a lost tool!

- Image via – istockphoto.com (last accessed 03/03/2023)

Prepper Checklist 101 – Keep it simple, keep it real!

NON-POWERED HAND TOOLS

- ✔ carpenter's hammer
- ✔ rubber mallet
- ✔ screwdriver set (flat-head & phillips)
- ✔ adjustable wrenches
- ✔ torque wrench & bit set
- ✔ pliers (flat & needle-nosed)
- ✔ combination spanners (set)
- ✔ chisels & files
- ✔ 2 x G-clamps
- ✔ heavy duty bolt-cutters

CUTTING TOOLS

- ✔ Stanley knife
- ✔ wood-crafting knife (scandi grind)
- ✔ hatchet
- ✔ utility axe/boys axe
- ✔ splitting axe/maul
- ✔ handsaw
- ✔ hacksaw
- ✔ folding saw
- ✔ Swiss Army Knife
- ✔ multi-tool

SHARPENING GEAR

- ✔ pull-through sharpener
- ✔ rod style sharpening system
- ✔ combination whetstone

ELECTRICAL

- ✔ extension cord (10 plus metres)
- ✔ electric drill & impact driver set with a drill dock & battery (Milwaukee) inc. masonry, timber & spade drill bit sets
- ✔ 16” chainsaw (plugs, filters, oil, petrol)

CONSUMABLES

- ✔ cable ties
- ✔ duct & electrical tape
- ✔ packing tape & cardboard boxes
- ✔ nails & screws
- ✔ nuts, bolts & washers
- ✔ super-glue
- ✔ buckets

GARDENING

- ✔ long-handled shovel
- ✔ entrenching tool
- ✔ pick & hoe
- ✔ garden trowel & weeding fork
- ✔ shears
- ✔ heirloom seeds (various)

MEASUREMENT

- ✔ carpenter pencils & metal ruler
- ✔ tape measure
- ✔ calipers

HEIGHTS

- ✔ safety step
- ✔ step-ladder

TIE-DOWNS

- ✔ ratchet straps
- ✔ rope
- ✔ para-cord 550
- ✔ bungee cords

WATER TOOLS

- ✔ sill-cock key
- ✔ water mains shut-off tool

PEST CONTROL

- ✔ mouse traps & rat poison
- ✔ cockroach spray

CAR TOOLS

- ✔ jumper leads & tyre jack
- ✔ motor oil
- ✔ steering wheel lock

PPE

- ✔ safety goggles
- ✔ leather work gloves
- ✔ high visibility vest
- ✔ life jackets
- ✔ N95 masks
- ✔ ear muffs

FIRST-AID, MEDICATIONS & HYGIENE

"I am new to prepping. What can I do to treat injuries, manage pre-existing conditions & maintain a high level of hygiene?" Peruse the checklist below, but before making any purchases consider the following tips, namely:

- "An ounce of prevention is better than a pound of cure". Thus, PPE is a key component.
- In the face of a medical emergency do NOT panic. Panic only creates more confusion.
- Do NOT go beyond your level of expertise & training.
- During patient hand-off give the treating health professional the background information of the patient RE - age, medications, cause/time of injury, care rendered etc. The more information you provide = more timely treatment.
- Stock (at a minimum) 3 months of prescription medications.
- Weight loss, diet & exercise help to mitigate health problems such as high blood pressure, diabetes, heart disease etc.
- Good hygiene is a good habit.

<u>SHTF – LAYERS OF TREATMENT</u>

- IMMEDIATE – includes medications, infection control, stemming blood loss & closing small wounds via a trauma kit with minor surgery gear.
- INTERMEDIATE – Focus on rehab of long-term injuries, the principles of wound recovery & resupply of key kit components

Prepper Checklist 101 – Keep it simple, keep it real!

- LONG-TERM & CONTINUING – Concentrate on long term health & fitness (diet & exercise) & foraging for natural drugs/treatments in your local environment.

- Image via https://www.thenewsurvivalist.com/essential-medical-supplies-for-preppers/ (last accessed 03/03/2023)

FIRST-AID SKILLS

- ✔ basic first-aid (focus on wound care)
- ✔ infection control procedures
- ✔ CPR & use of an AED
- ✔ triage protocols
- ✔ basic principles of rehab
- ✔ foraging for plant based medicines

SPECIALIZED FIRST AID ITEMS

- ✔ tourniquet
- ✔ Israeli bandage
- ✔ hemostatic agent (Quickclot/Celox)
- ✔ chest seals
- ✔ decompression needle
- ✔ scalpels & suture kit
- ✔ forceps & pliers
- ✔ skin stapler
- ✔ syringes & needles
- ✔ trauma shears
- ✔ digital thermometer
- ✔ stethoscope
- ✔ blood pressure cuff
- ✔ pulse oximeter
- ✔ triangle bandage
- ✔ nebuliser & mask

WOUND CARE

- ✔ saline solution
- ✔ nitrile gloves
- ✔ bandages
- ✔ compressed gauze & tape
- ✔ band-aids
- ✔ antibiotic cream
- ✔ medical disinfectant (Dettol)
- ✔ Betadine
- ✔ alligator clips
- ✔ baking powder
- ✔ bleach (unscented)
- ✔ spray bottles

COMMON PRESCRIPTION MEDS

- ✔ insulin
- ✔ ventlolin nebules/puffers
- ✔ epilepsy medications
- ✔ epi-pen

OVER THE COUNTER (OTC) MEDS

- ✔ Ibuprofen & Paracetemol tablets
- ✔ Aspirin tablets
- ✔ Sudafed tablets
- ✔ Zantac tablets
- ✔ Potassium iodide tablets (e.g. IOSAT)
- ✔ antacids
- ✔ diarrhoea tablets
- ✔ cough expectorant
- ✔ Benadryl, Zyrtec
- ✔ calamine lotion
- ✔ cortizone cream
- ✔ topical analgesic cream

VITAMINS

- ✔ Vitamin C
- ✔ Vitamin D
- ✔ Zinc

FEMININE HYGIENE

- ✔ pads & tampons
- ✔ thrush cream

GENERAL HYGIENE

- ✔ temporary shower system & mortar pan
- ✔ corrugated wood laundry board
- ✔ soap bars
- ✔ shampoo & conditioner
- ✔ toothbrushes, toothpaste & floss
- ✔ toilet paper & wet wipes
- ✔ razors
- ✔ tweezers & nail clippers
- ✔ cotton balls & cue tips
- ✔ Vicks Vaporub

Prepper Checklist 101 – Keep it simple, keep it real!

FOOT-CARE ✔ foot powder ✔ heel pads/moleskin ✔ spare socks in dry-bag ***HAND WASHING*** ✔ liquid soap & dispenser ✔ rubbing alcohol ✔ hand sanitizer (alcohol based) ***FACE MASKS*** ✔ surgical face masks (for the flu season) **GENERAL CLEANING** ✔ rags ✔ bucket plus mop ✔ scourers ✔ dish-washing liquid	***HAIR*** ✔ brushes & combs ✔ Argan oil ✔ coconut oil ✔ dandruff shampoo ✔ mirror ***LAUNDRY*** ✔ laundry powder & softener ✔ stain remover spray ✔ clothes pegs ✔ clothes line ***SANITATION*** ✔ composting toilet (5 gallon bucket) plus sawdust/peat moss ✔ plastic bags

Prepper Checklist 101 – Keep it simple, keep it real!

'Sheltering-in-Place: A Checklist'

SECURITY, COMMS & INTELLIGENCE

"I am new to prepping. How can I communicate when sheltering-in-place?" Peruse the checklist below, but before making any purchases consider the following tips, namely:

- Yes, guns & ammunition are great self-defence tools! That said, many people spend far too much time & energy on this one aspect of SHTF security. Furthermore, many civilians can't access guns due to strict local laws & regulations.

- Dynamic shooting drills > static shooting drills.

- Do NOT advertise via signage or bumper stickers that you are a gun-owner as this can attract thieves!

- Comms can be used to gather & disseminate observations, data & anecdotes. They can also be used to coordinate security, convoys & workflow.

- Keep radio communication brief & understand that NO radio is 100% secure.

- **PACE ACRONYM** – Prep based on your budget & abilities
  Primary – smart-phone plus 'Zello' app
  Alternative – HAM or GMRS radio e.g. Boafeng UV-5R
  Contingency – e.g. Encrypted radio at home
  Emergency – e.g. hand-cranked radio, CB radio

- Loose lips sink ships / operational security (op-sec).

- Establish or join a neighbourhood watch &/or SHTF network of like-minded people.

- Research, compile & publish an 'Area Study'. This is a plan that details the likelihood & impact of SHTF scenarios in your local area & includes maps & routes. The 'Forward

Prepper Checklist 101 – Keep it simple, keep it real!

Observer' YouTube channel has some very good videos on this topic & I strongly urge you to watch them.
https://www.youtube.com/playlist?list=PLbVcR4afPYo3QxVRGF3aGK25RmUa76YHx
(last accessed 28/12/2023)

- Image via shutterstock.com (last accessed 03/03/2023)

WEAPONS

- ✔ guns & ammunition (use common platforms e.g. AR-15 (5.56mm), 9 mm pistol, 12-gauge shotgun, .22 rifle & .308 long-gun)
- ✔ body armour
- ✔ military style knife
- ✔ machete/seaxe
- ✔ Recurve bow plus arrows
- ✔ armour (chest plate)

VISUAL

- ✔ oil lamps plus oil
- ✔ torches plus headlamps
- ✔ candles
- ✔ binocular/monocular
- ✔ gun scopes
- ✔ night vision
- ✔ flares
- ✔ trail cameras

HOME - ACCESS & SIGNAGE

- ✔ fence your property
- ✔ map & memorise property layout
- ✔ identify potential breach points
- ✔ identify access / egress
- ✔ close your garage door
- ✔ lock your shed & letterbox
- ✔ store ladders out of sight
- ✔ “Beware of the dog” sign
- ✔ “Smile you're on camera” sign
- ✔ “Private property” sign
- ✔ “No trespassing” sign

HOME - LIGHTING & SECURITY

- ✔ sensor lights around the home
- ✔ security cameras
- ✔ electric alarm system
- ✔ guard dog
- ✔ trim overgrown bushes near windows & doors as it provides cover for thieves
- ✔ replace 1.5” screws in striker plates with 3” screws
- ✔ place dowelling into sliding door & window runners

CAR SECURITY

- ✔ keep the interior of the car uncluttered
- ✔ park in the garage/inside your fence boundary
- ✔ park in well-lit areas
- ✔ never leave your keys in the ignition
- ✔ lock the car & wind your windows up
- ✔ remove valuables from the vehicle
- ✔ update your insurance policy
- ✔ employ a steering wheel lock (club or disk-lock style)
- ✔ use a key chain remote for your garage rather than as a stand-alone remote kept in the car

TRACKING YOUR CAR

- ✔ 'Apple Airtag' plus 'Find my App'. It is better to store these Airtags on the exterior of your car via a 'Gorilla Box Magnetic Key Holder'

CAR RELAY ATTACKS

- ✔ If your car uses keyless entry thieves can use RF devices to hack your key fob without entering the home. As such, store your key fob in a Faraday bag (e.g. "Briidea Farday Box Key Protector")

LEAVING YOUR CAR DURING THE HOLIDAYS?

- ✔ disconnect the battery cable
- ✔ take out the ECU (Engine Control Unit) fuse or the ignition switch fuse

Prepper Checklist 101 – Keep it simple, keep it real!

- ✔ disconnect the fuel system
- ✔ deflate your tyres

HOME - DOORS & WINDOWS

- ✔ deadbolts & barrel bolts
- ✔ chain locks
- ✔ smart locks
- ✔ door stoppers
- ✔ wide-view peephole
- ✔ security door stop
- ✔ change entry codes periodically
- ✔ have 1 common key for all door locks
- ✔ keep a spare key where it can't be reached or seen by intruders
- ✔ choose window security screens that can open from the inside

VALUABLES

- ✔ store out of sight
- ✔ buy a lock-box – screw into the floor in an inconspicuous spot
- ✔ photograph expensive items & inventory this with your home insurance

HOME - AWAY ON HOLIDAYS?

- ✔ leave lights on & blinds in their usual position if away
- ✔ have the TV & radios on via auto-timers
- ✔ don't share travel plans online
- ✔ keep in contact with neighbours
- ✔ have the lawn mowed & mail collected
- ✔ stop all deliveries

INTELLIGENCE

- ✔ join/start a neighbourhood watch program
- ✔ compile an 'Area Study' https://www.academia.edu/97713840/SHTF_AREA_STUDY_TEMPLATE_FOR_CIVILIAN_USE
- ✔ monitor social media (especially emergency services)
- ✔ read your local newspaper
- ✔ scan analogue radio

GENERAL OP-SEC REMINDERS

- ✔ social media silence
- ✔ password protect your wi-fi
- ✔ don't put your name on your letterbox
- ✔ shred sensitive paperwork
- ✔ destroy old computer hard-drives
- ✔ break down boxes from high value purchases & keep such boxes out of sight
- ✔ establish a routine to check doors & windows are locked & alarm is on
- ✔ don't give information to unidentified cold callers
- ✔ if you have a watch schedule for your prepper network be sure to post a timetable outlining change of shift times

KEYS

- ✔ replace the locks on your newly purchased property
- ✔ do NOT write your address on your key-chain fob
- ✔ do NOT hide your spare key in an obvious hiding place

COMMS

- ✔ fold-able solar panel for recharging
- ✔ signalling mirror
- ✔ rendezvous point
- ✔ hand-cranked/solar radio
- ✔ HT radios (a set of 2)
- ✔ A4 notebooks
- ✔ black, blue & red pens

NAVIGATION

- ✔ maps (offline, PDF, hard copies)
- ✔ bevelled compass
- ✔ write-in-the-rain notepad

COMFORT ITEMS & PREPPER LIBRARY

"Why should I include comfort items in my preps?" To improve morale, provide enjoyment, make everyday life easier & to perpetuate normalcy during a SHTF situation.

COMFORT ITEMS	COMFORT ACTIVITIES
✔ narrative style books & comics ✔ photos ✔ music ✔ board games ✔ cards ✔ gym weights ✔ leisure equipment ✔ faith related texts ✔ smart-phone plus game apps	✔ prayer & fellowship ✔ community work-day ✔ neighbourhood barbeque

"Why should I collate a prepper library?" To improve your knowledge & expand your skill-set. Ideally you should have a hard & soft-copy library.

The resources listed below can be download (PDF) from - https://drive.google.com/drive/folders/110qONshMu9JtDVaDxDRkejjJukMWcuee?usp=sharing

SOFT COPY TEXT TITLES FROM THE GOOGLE LINK

WATER

- ✔ 'Safe Water School Training Manual' (SODIS)
- ✔ 'Survival Water Purification'
- ✔ 'Water – Procurement & Treatment'

Prepper Checklist 101 – Keep it simple, keep it real!

FOOD STORAGE, RECIPES & CANNING

- ✔ 'Canning Foods - Fruits, Vegetables, Pickles, Jellies' (University of Tennessee)
- ✔ 'Preparing & Canning Poultry, Red Meats & Seafoods' (USDA)
- ✔ 'Mylar Bagging Information' (SURVIVAL SHOP AUSTRALIA)
- ✔ 'The Prepper's Cookbook' (ROCKRIDGE PRESS)

GARDENING, FORAGING & HUNTING

- ✔ 'How to Start a Vegetable Garden' (ALMANAC)
- ✔ 'Gardening When it Counts' (SOLOMON)
- ✔ 'Seed Saving Guide' (ORGANIC SEED ALLIANCE)
- ✔ 'Basic Hunting' (KENTUCKY FISH & WILDLIFE)
- ✔ 'Pocket Urban Foraging Guide' (WILD FOOD SCHOOL)

MEDICAL

- ✔ 'The Survival Medicine Handbook' (2nd ed.)
- ✔ 'Where There is no Dentist' (DICKSON)

SURVIVAL & PREPAREDNESS

- ✔ 'SAS Survival Handbook' (WISEMAN)
- ✔ 'LDS Preparedness Manual – Provident Living' (PARRETT)

BUSHCRAFT & KNOTS

- ✔ 'Bushcraft 101 - A Field Guide to the Art of Wilderness Survival' (CANTERBURY)
- ✔ 'The Pocket Guide to Prepper Knots – A Practical Resource to Knots that Can Help you Survive' (HAHYE)

* Image via https://lifeboat.com (last accessed 28/12/2023)

Twitter - https://twitter.com/101Prepper
Facebook - https://www.facebook.com/Prepper-Checklist-101-100437302614938
Academia.edu account - https://independent.academia.edu/PrepperChecklist101